



# Omelet sandwich

20'  
Hands on

2'  
Cook Time

2  
Portion(s)

1  
Difficulty



## Ingredients

- 2 slices [sandwich bread](#)
- 2 tablespoon(s) olive oil
- 4 eggs, medium
- salt
- pepper
- 1 tablespoon(s) ketchup
- 1 tablespoon(s) mayonnaise
- 1 teaspoon(s) thyme
- 60 g mixed cheeses
- 1 slice ham

To serve

- [French fries](#)
- mayonnaise
- rocket
- cherry tomatoes

## Method

- Place a [frying pan](#) over medium-low heat and add 1 tablespoon olive oil.
- Add the bread slices and let them toast for 1-2 minutes, until golden. Remove and set aside.
- Place the same pan over low heat and add 1 tablespoon olive oil.
- In a bowl add the eggs, salt, pepper, and whisk well to break up the eggs.
- Transfer the eggs to the pan, add the bread slices, and let the omelet cook for 1 minute.
- Flip it over and add the ketchup, the mayonnaise, the thyme, the cheeses, and the ham.
- Fold the edges of the omelet and close the two bread slices to make the sandwich. Cook for 1 minute on each side, until golden.
- Serve with French fries, mayonnaise, rocket, and cherry tomatoes.

## Διατροφικός πίνακας

Nutrition information per portion

539 Calories (kcal)	39.0 Total Fat (g)	11.0 Saturated Fat (g)	21.0 Total Carbs (g)
27%	56%	55%	8%
4.7 Sugars (g)	24.0 Protein (g)	1.4 Fibre (g)	2.4 Sodium (g)
5%	48%	6%	40%